



Eat Better
Move More
Visit Your Doctor
Relax and Take
Care of Yourself
You're Worth It!



National Women's Health Week
May 14-20, 2006



Reconnect to Your Health!



Talk to
Your Doctor
Today ~
Don't Delay!

CMS

CENTERS for MEDICARE & MEDICAID SERVICES





In order to stay healthy, you need:

- * Breast and cervical cancer screenings
 - * Colorectal cancer screenings
 - * Shots—flu, pneumococcal and Hepatitis B
 - * Bone mass measurements
- * Cardiovascular screenings
 - * Diabetes screenings
 - * Physical examination
 - * Glaucoma tests

For reliable
and current
information on women's
health, go to www.womenshealth.gov
or call 1-800-944-9662



Medicare now covers prescription drugs.

For more information on Medicare-covered
preventive services, including prescription drug
coverage, go to www.medicare.gov
or call 1-800-MEDICARE



- * Medicare-covered preventive services